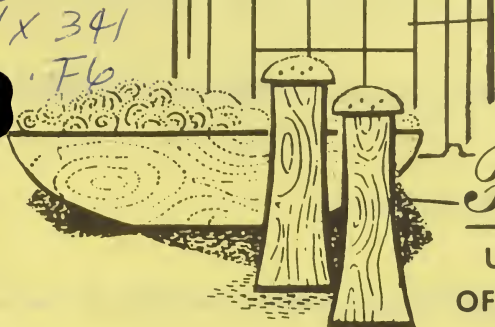


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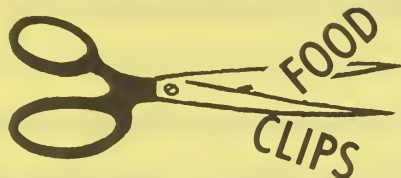
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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
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What is "aged" beef? High-quality beef is "aged" by holding it at temperatures of 34° to 38°F for three to six weeks, or by holding it for two days at about 70°. Ultraviolet light is used to reduce bacterial growth in the second method. It is not practical to try to "age" meat at home—it requires controlled conditions, according to U.S. Department of Agriculture Home Economists.

* * *

Kidney "chops of veal" are . . . ?
They are loin veal chops with a slice of kidney.

* * *

A breast of veal may be boned and rolled, or the breast bone may be removed to form a pocket between the ribs and lean for stuffing.

* * *

What is tripe? It consists of the plain or smooth lining from the first beef stomach, the honeycombed lining from the second stomach. The pocket-shaped section is smooth on the outside and honeycombed inside. Honeycombed tripe is considered a delicacy.

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NEW YEARBOOK OF AGRICULTURE*

What you've always wanted to ask—but never quite got around to checking out is a "how to, for the home." Want to know what kinds of light bulbs you should buy -- what kind of shade trees to buy -- how to measure for your window drapes, or about that overworked septic tank? Information on how you can solve some of these twister-questions is in "Handbook for the Home," the new 1973 Yearbook of Agriculture, published by the U.S. Department of Agriculture.

How do you take the work out of housework? It can be done—to some degree—by organizing and planning your storage areas to consider the flow of traffic in your home, according to specialists whose chapter appears in the yearbook.

"Barrier-free Housing for the Handicapped," a segment of the book, offers ideas and arrangements useful if you have a physically handicapped person in the home.

"Handbook for the Home" contains 78 chapters, more than 190 photographs, and is based mainly on Federal or State research. It is for sale for \$5.70 from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

* For December 18 release.

ON RATING SWEETNESS

—And Good Cantaloupes

Try it, you'll probably like it, if it's a good cantaloupe. Testing by tasting -- there's no other way to know about cantaloupes according to taste-panel tests for sweetness as reported by the Agricultural Marketing Research Institute of the U.S. Department of Agriculture.

Tests, developed more than 50 years ago, estimated sugar content of cantaloupes by measuring the soluble solids content of the melon. However, these tests do not necessarily mean they are sweet and flavorful. After a three year study it appears that a cantaloupe with a soluble solids content of at least 11 percent (US Fancy) or 9 percent (US No. 1) may not always be sweet and flavorful. It does show some relationship, but food scientists are taking another look at the procedures and feel there is a need for a look at the measurements tests as indicators of consumer quality in cantaloupes.

PURPLE IS BACK

—On Meat Inspection

The bright purple ink formerly used on the round meat inspection mark by the U.S. Department of Agriculture will once again be seen by consumers. If you remember -- last April, the dye was removed from the market for safety reasons. The newly approved ink combines several dyes already approved as safe by the Food and Drug Administration.

In the immediate future, however, you may still see the approved red, yellow, green, and blue inks which have been permitted since the April ban on violet No. 1. Approval of the new purple ink, though, is the first step towards an eventual return to use of purple as the official color for branding ink.

ALMOST ALL ABOUT —

PREVENTING FOOD BORNE ILLNESS

What is salmonella and staphylococcus? In simple language salmonella is a bad bacteria found in raw meat, fish, poultry, and eggs—and it's carried by dirty hands. And staphylococcus is a bacteria that comes from sneezes, coughs and careless hands. Staphylococcus forms a toxin in hams, custard-filled foods, cream pies, unrefrigerated cooked meat, and dairy products. Cooking kills "staph" but not the toxin.

Food Safety "Rules" are worth learning. The Extension Service and Animal Plant Health Inspection Service of the U.S. Department of Agriculture are conducting a drive to emphasize the importance of good habits for Food Safety.

Never place other foods on a surface where you have had raw meat or poultry until you have thoroughly cleaned it. Scrub the surface -- as well as dishes, knives, and other utensils you've used -- with soap and hot water. This keeps harmful bacteria from spreading to cooked foods and salads.

Remove stubborn bacteria from cutting boards by scrubbing the boards with soap and hot water, rinsing thoroughly, and then applying chlorine bleach.

Refrigerate cream, custard, and meringue pies, and other foods with custard fillings. It is dangerous to let foods of this kind stand at room temperature.

Roasting a turkey? Cook it completely to an internal temperature of 185°F. Never partially cook it and finish cooking later because bacteria can survive in partially-cooked poultry. Also "staph" bacteria may produce toxins.

Preparing stuffing? Cook it thoroughly. If the poultry is stuffed, cook until thermometer inserted into stuffing reaches at least 165°F—bacteria grow rapidly in lukewarm stuffing.

Frozen stuffed poultry? Do not thaw it before baking. Put it right into the oven.

(more)

PREVENT FOOD-BORNE ILLNESS (cont.)

And remember to "think positive."

DO -- Get your food home where you can put it in the refrigerator or freezer promptly. Don't let groceries sit in a warm car while you do other errands.

DO -- Keep hot foods HOT (above 140°F) and cold foods COLD (below 40°F). These prevent bacteria from growing.

DO -- Wash your hands with soap and hot water before handling any foods. Then, after you handle raw meat, fish, poultry, or eggs, wash your hands with soap and hot water before working with other foods. This prevents spreading bacteria.

DO -- Cool leftovers quickly and put them in the refrigerator. Don't hold any broth or gravy more than a day or two. To serve again, reheat and boil for several minutes before serving -- and serve hot!

DO -- Freeze foods promptly. Don't let huge quantities of party leftovers fill your refrigerator for days. Plan in advance for ways that you can use the foods. Then freeze the rest. If in doubt about a left-over food, don't hesitate. Throw it out! Food poisoning does not necessarily have a bad smell or taste. Just because the food doesn't seem spoiled doesn't necessarily mean it is all right to eat.

Do Keep Good Food Safe To Eat!

Available to the PRESS ONLY: A limited number of camera-ready copies for reproduction of "It's Good Food" and "Feeding a Crowd -- Safely," prepared by Dr. Evelyn Spindler, Nutritionist, U.S. Department of Agriculture, may be obtained free from the Editor of Food and Home Notes.

COMMENTS AND INQUIRIES TO:

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